

postojov, ktorý je vecne prijímaný všetkými vyspelými a transformujúcimi sa krajinami sveta aj nadnárodnými organizáciami. Realizácia cieľa pozostáva zo zhodnotenia udržateľnosti Slovenska prostredníctvom ekologickej stopy a následné porovnanie s krajinami Európskej únie a kvantifikácie ekologickej stopy rastlinnej výroby na Slovensku. V rámci rastlinnej výroby zamerať sa na skupinu hlavných plodín rastlinnej výroby – obilnín. Biokapacita rastlinnej výroby na Slovensku nie je prekročená. Uvedená skutočnosť je preukázaná výslednými hodnotami, kde ekologická stopa je prezentovaná hodnotou 0,28 globálneho hektára a biokapacita krajiny pre rastlinnú výrobu predstavuje 0,36 globálneho hektára v roku 2006. V sledovanom roku môžeme skonštatovať, že rastlinná výroba je udržateľná.

Kľúčové slová: ekologická stopa, udržateľný rozvoj, globálny hektár, obilniny

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HUMAN TRANSFORMATION AND THE ART OF LIVING

ĽUDSKÁ TRANSFORMÁCIA A UMENIE ŽIVOTA

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Human transformation or spirituality are aspects which are very difficult to measure as the concept in itself is confusing and complex. Spiritual matters are those matters regarding 's ultimate and purpose, not only as material biological organisms, but as beings with a unique relationship to that which is perceived to be beyond both and the material world. Nowadays people are so busy in running after money that they miss the small beautiful moments of life. People are running towards an end which they themselves are not clear about and in the process they forget enjoying the journey. Life is a journey but no one cares about the journey but about the destination. Many organizations are trying to transform humans into spiritually developed beings and one of such organization is The Art of Living. It is a multi-faceted not-for-profit educational and humanitarian NGO with a presence in over 140 countries. It is engaged in diverse initiatives aimed at uplifting humanity by bringing peace at the level of the individual, society, nation and the world as a whole. This paper is an attempt to quantify the change in the people who do Art of Living Course. A Spiritual Quotient Questionnaire has been used to quantify the change. It has been found that 4 days workshop which includes knowledge sessions, Sudarshan Kriya, Yoga, Music, dance, activities and interactive sessions completely transforms the outlook of people towards life.

Key words: human transformation, spiritual quotient, art of living

With the advent of latest technology, better career opportunities life has become cumbersome rather than easy. People are so busy in making two ends meet that they do not even find time to breathe. If you ask any person walking on the road one question, i.e. what do you want? The answer will not be money, not a luxury car, not an air conditioner but "Happiness" or "Peace". Life is indeed in the fast lane.

The luxuries of yesteryears have become the mere necessities of today. Everyone is participating in the rat race

without realizing that the race is never ending. Spirituality has become the buzzword today. More and more people are joining self development programmes with organizations like The Art of Living, Brahmakumari etc.

These organizations intend to transform humans with the help of yoga, knowledge sessions, meditation techniques and various self awareness techniques. Cleansing of souls take place during 3–4 day course.